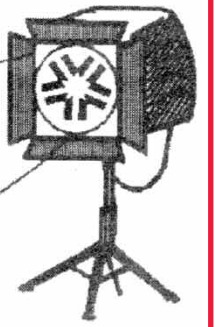




DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXII, ISSUE 12

A newsletter for D.C. Seniors

December 2007



## EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

Season's Greetings!

As the weather finally grows colder and we begin our holiday season, we are planning for the winter season for our District of Columbia residents aged 60 and older in more ways than one.

I have been talking with many of my peers here in the government and those in other capacities to plan diligently for seniors who are independent, semi-independent and dependent. More information will follow in upcoming issues of "Spotlight on Aging."

In this issue, we have information to keep you safe this winter, holiday recipes, and ways for you to stay healthy throughout the holiday season. Look for winter fire safety tips, important phone numbers, and ways you can stay healthy and active through exercise and social activities.

Help someone who is caring for an older person. Offer to give them a break while they take care of some errands, or offer to run errands for them. Keep busy and engaged this season while assisting others.

Call family and friends you haven't spoken to in awhile and get reacquainted! Visit if possible or just contact those nearby neighbors or friends. Don't hibernate this season. Reach out and touch someone; you might brighten their day.

Enjoy the holidays!

## For Barnes, No Gain Without Pain

Sue Barnes — senior athlete, senior peer trainer, volunteer and Mini-Commissioner on Aging — turned 80 in November.

"Time doesn't stand still, it just keeps moving," she said.

It's hard for some to believe that at the age of 80 Barnes is still competing. Before her recent birthday, she competed in the 17<sup>th</sup> World Masters Track and Field Championships in Italy. More than 9,000 competed in this race in several age categories.

Believe it or not, Barnes was competing in Italy with a slight handicap, a pulled muscle.

"I had a groin pull at the [Prince George's] Sport Complex at their annual track meet. I competed in the 60 meters and the hammer throw my first time, and when I stepped back to throw, I pulled it," Barnes said.

That competition was Barnes' first attempt at the hammer throw, and she worked to heal the injury so that she was able to compete in Italy. At the Masters Games in Italy, she competed in the 100 meter dash and placed fifth in the women's 75 and over heat.

She was asked to run the relay for the 4x100 and 4x 400 meter races. Barnes had not run the 400 meter since 1996 when she won silver medals in the National Senior Games for the 100, 200 and 400 meter races.

"I promised myself in 1996 in Bermuda that if I got through this I would not run it again," she said.



Sue Barnes

Well, she did run the race and the result was golden: two gold medals for the USA in the Masters Games for women 75 and older. Sue Barnes from the District of Columbia was one of the fortunate members of both teams. That healing groin pull did not stop her from competing and doing her best.

Congratulations, Sue Barnes. Not bad for a tennis player who started running at the age of 60!

## Holiday Celebration!

Mayor Adrian M. Fenty and The D.C. Office on Aging Present

## The 10th Annual Senior Holiday Celebration

Thursday, December 13  
10 a.m. to 2 p.m.  
D.C. Armory  
2001 East Capitol St., S.E.

The event includes information exhibits, health and wellness demonstrations, festive lunch, live music, entertainment and dancing. Free giveaways will also be available.

The event is free, but tickets are required for entry.

**Call 202-724-5626 for tickets.**

## AARP DC Seeks Volunteers for Tax-Aide Program

The AARP Tax-Aide Program of the District of Columbia is seeking volunteers for the 2007-2008 tax-filing season. AARP DC needs volunteer tax counselors (preparers), local site facilitators (greeters), and other volunteers to support and expand its free Tax-Aide services from January through April 15, 2008. AARP DC will provide training and program materials for all tax-aid volunteers.

Last tax season, AARP DC provided assistance to more than 3,100 taxpayers with both their federal and city government tax returns at 19 sites across the city.

The AARP Tax-Aide Program is the nation's largest volunteer-run tax assistance and preparation service for low- and middle-income taxpayers, with special attention to those age 60 and older. The program is administered through the AARP Foundation in cooperation with the Internal Revenue Service (IRS). Tax-Aide volunteers have been serving taxpayers for 40 years, providing tax assistance to more than 2 million people annually.

To join a great team of volunteers with AARP DC Tax-Aide, e-mail the volunteer coordinator at [hbroome@starpower.net](mailto:hbroome@starpower.net) for more information.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Free Phone Calls Anywhere in the World!



Merrill Lynch would like to extend you an invitation to attend its Senior Citizen Christmas Calls. The company will allow those 55+ to use its phones to call anywhere in the world. Refreshments will be served.

**Date:** Saturday, December 8

**Time:** 9 a.m. to noon

**Place:** 1850 K St., N.W. (International Square)  
(Please use doors at 19th and K and meet in lobby.)

**Bring:** Phone numbers of relatives and friends

You will be given a half hour on the phones, and may make as many calls as you wish during that time period.

# Don't Hibernate This Winter, Participate

*Call the senior service agency in  
your area to find out how.*

**Barney Neighborhood  
Senior Program**  
Wards 1 & 4  
202-939-9020

**UPO Senior Life  
Center**  
Wards 6 & 7  
202-388-4280

**Greater Washington  
Urban League**  
Ward 2 & 5  
202-529-8701

**Greater Washington  
Urban League**  
Ward 8  
202-610-6103

**IONA Senior  
Program**  
Ward 3 and parts of  
Ward 2  
202-966-1055



# Work off that Holiday Guilt at a Wellness Program Near You

**Congress Heights Senior Wellness Center**  
3500 Martin Luther King, Jr. Ave., S.E.  
202-563-7225

**Kennedy Senior Wellness Center**  
324 Kennedy St., N.W.  
202-291-6170

**Model Cities Senior  
Wellness Center**  
1901 Evarts St., N.E.  
202-635-1900

**Washington Seniors  
Wellness Center**  
3001 Alabama Ave., S.E.  
202-581-9355

**BODYWISE Senior Program**  
202-274-6616



# Cold Weather Emergency Contact Information

**D.C. OFFICE ON AGING • 202-724-5626**

The Information and Assistance Office can link you with needed services. Open Monday through Friday, 8:15 a.m. to 4:45 p.m.

**ENERGY OFFICE HOTLINE • 202-673-6750**

Available Monday through Friday, 9 a.m. to 3 p.m.,  
for information and assistance with utilities.

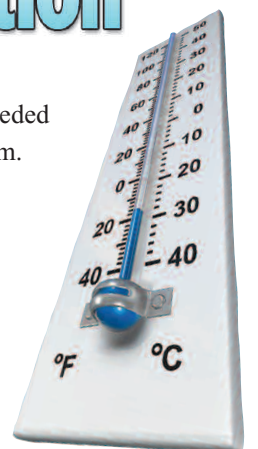
**HOMELAND SECURITY AND EMERGENCY  
MANAGEMENT AGENCY • 202-727-6161**

Provides information about shelters, blankets,  
heaters, oil and a health clinic nearest you.

Open 24 hours, seven days a week.

**HYPOTHERMIA HOTLINE • 202-399-7093 • 800-535-7252**

Provides information on emergency transportation, shelters and cold weather  
information. Open 24 hours, seven days a week.



# UTILITY EMERGENCY NUMBERS

In the event of a public utility emergency,  
please contact the following numbers:

**WASA (DC Water and  
Sewer Authority Hotline)**  
202-612-3400

**PEPCO (Potomac Electric  
and Power Company)**  
(877) PEPCO-62

**Verizon (Telephone Company)**  
800-275-2355

**WMATA (Washington Metro  
Area Transit Authority)**  
202-962-1212

**Washington Gas (Gas Company)**  
800-752-7520



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## December events

### 7th • Noon

Attend the Choraleers Talent Show at Washington Seniors Wellness Center at 3001 Alabama Ave., S.E. There is no cost for admission. Call 202-581-9355 for more information.

### 12th • 1:30 p.m.

There will be a free Alzheimer's workshop at the Washington Seniors Wellness Center, 3001 Alabama Ave., S.E. For more information, call 202-581-9355.

### 13th

Join a group from Dwelling Place Senior Center as they travel together to the D.C. senior holiday celebration at the D.C. Armory. The group will meet at 2812 Pennsylvania Ave., S.E. For more information, call 202-582-7138.

### 15th

Come to a program entitled "Your Medicare Plan," sponsored by the United Planning Organization's Weekend Nutrition headquarters. It will take place at the Wash-

ington Seniors Wellness Center, 3001 Alabama Ave., S.E. For more information, call 202-581-9355.

## Ongoing

### Mondays and Fridays 10 a.m. to 3 p.m.

The IONA/AARP Self-Help Office provides legal and consumer information free of charge. Get your questions answered by a trained representative. The clinic is open every Monday and Friday (except Monday, December 24, when the offices are closed). It is located at 4125 Albemarle St., N.W. For an appointment, call 202-434-2094.

### Tuesdays • 10 a.m. to 2 p.m.

IONA's Early Alzheimer's Club offers a relaxing setting to share interests, talents and experiences. It meets weekly at 4125 Albemarle St., N.W. For more information, call 202-895-9448.

### Saturdays • 10 to 11 a.m.

Attend a weekly support group at IONA for

caregivers. Share your troubles, gain support, and connect with resources, programs and services that can assist you. IONA's headquarters are located at 4125 Albemarle St., N.W. For more information, call 202-895-9448.

### Weekdays • 10 a.m. to 2 p.m.

The Greater Washington Urban League is recruiting new members for the Deaf and Hard of Hearing Senior Program. New members can join the program for fun and daily enrichment activities. Visit between the hours of 10 a.m. and 2 p.m. Monday through Friday to learn more. The center is located at 2041 Martin Luther King Jr. Ave., S.E., Suite 401. Contact Margaret Forbin or Donza Nichols at 202-610-6103 or 04 for more information.

### Ongoing

Dwelling Place Senior Center offers regular yoga classes and exercise classes on weekly and twice-a-week schedules. The classes take place at 2812 Pennsylvania Ave., S.E. For more information or to sign up, call 202-582-7138

## District of Columbia Department of Health

# Facts about Staph and MRSA infections

### What is Staphylococcus aureus?

Staphylococcus bacteria, also commonly called Staph (pronounced staff), are bacteria that live harmlessly on many skin surfaces, especially around the nose, mouth, genitals and rectum.

When the skin is broken for any reason, Staphylococcus bacteria can enter the wound and cause infection. Staphylococcus bacteria can cause minor skin or soft tissue infection, such as boils, as well as more serious infections, such as wound infections, abscesses, pneumonia and sepsis.

About 20 to 30 percent of healthy people carry Staphylococcus bacteria in their noses at various times, without getting sick. Fingers can carry Staphylococcus bacteria from one area of the body to another to cause infections in wounds or broken skin.

### What is MRSA?

Methicillin-resistant Staphylococcus aureus (MRSA) are Staphylococcus bacteria that have become resistant to certain antibiotics such as penicillin, ampicillin, amoxicillin, augmentin, methicillin, oxacillin, dicloxacillin, cephalosporins, barbapenems, and monobactams. Because of their resistance to some antibiotics, MRSA may be more difficult to treat and possibly lead to more serious infections like pneumonia and bloodstream infections.

### How are Staph infections spread?

Staph are spread by direct skin-to-skin contact, such as shaking hands, wrestling or other direct contact with the

skin of another person. Staph are also spread by contact with items that have been touched by people with staph, like towels shared after bathing and drying off, or shared athletic equipment in the gym or on the field.

### How is a Staph infection treated?

A Staph infection can be diagnosed by a doctor. Taking any antibiotics before seeing a doctor should be avoided. If a Staph infection is detected, an antibiotic is usually prescribed by the doctor. If the infection is determined to be MRSA, the doctor may prescribe a different antibiotic or treatment. **You should be sure to follow the full course of treatment as prescribed by the doctor. It is very important that you follow all of the doctor's treatment instructions!**

### How can I prevent a Staph infection?

Regular hand washing is the best way to prevent Staph (and other) infections from passing person-to-person.

1. Wash hands with soap and running water for at least 20 seconds.
2. Keep cuts and scrapes clean and cover them with bandages.
3. Do not share personal items like towels or razors.
4. Do not touch other people's cuts or bandages.
5. Thoroughly clean shared sports and workout equipment after every use.

### Who should I call if I have questions?

Phone the D.C. Department of Health Call Center at 202-442-9371.

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

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202-724-5622 • [www.dcoa.dc.gov](http://www.dcoa.dc.gov)

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

**The Office on Aging is in partnership  
with the District of Columbia  
Recycling Program.**

# Healthy Christmas Recipes

**Christmas Fruit Platter**

**Ingredients:**

2 1/4 cups fresh or frozen raspberries, rinsed or partially thawed, if frozen

2 tablespoons orange liqueur or fresh orange juice

1 3-pound fresh pineapple, peeled, cored, quartered lengthwise and cut crosswise into thin slices

2 navel oranges, peeled and sliced crosswise into thin slices

6 kiwi fruit, peeled and thinly sliced

**Directions:**

In a food process or blender, combine raspberries and orange liqueur. Puree until smooth. Cover and chill until

ready to serve.

On a large platter, overlap slices of each fruit, starting with pineapple at each end of the platter and orange slices down the middle. Fill in the remaining area with kiwi slices. Cover and chill until ready to serve.

To serve, drizzle raspberry sauce over fruit.

Nutrition information per serving:

Calories: 83

Protein: 1 g.

Total fat: 1 g.

Carbohydrate: 20 g.

Fiber: 4 g.

Cholesterol: 0

Sodium: 3 mg.

Exchanges: 1 1/2 Carbohydrate/1 1/2 Fruit

**Eggnog Shakes**

**Ingredients:**

1 1/2 cup fat-free, sugar-free vanilla ice cream

1/2 cup fat-free milk

1 tablespoon fat-free whipped topping

Sugar substitute equivalent to 1/2 teaspoon sugar

1/8 teaspoon rum extract

1/8 teaspoon brandy extract or vanilla extract

Dash ground nutmeg

**Directions:**

In a blender, combine the first six ingredients; cover



and process until smooth.

Pour into chilled glasses; sprinkle with nutmeg.

Makes 2 servings.

Nutrition information per serving (3/4 cup):

Calories: 163

Total Fat: 2 g.

Carbohydrates: 21 g.

Cholesterol: 9 mg.

Sodium: 109 mg.

Exchanges: 1 Starch, 1/2

Milk, 1/2 Fat

## Emergency Energy Assistance Available for Low-Income District Residents

Emergency energy assistance is available for low-income District residents who have received a disconnection notice for electric or gas service, or are currently disconnected. Assistance will also be available to residents without home heating oil.

Once eligible residents receive a disconnection notice, or have been disconnected from the utility company, they can come to the District Department of the Environment's Energy Division (DDOE) without an appointment.

All applicants must bring the disconnection notice, proof of household income, most recent utility bills, and a picture ID to DDOE, Monday through Friday, between 8:30 a.m. and 4:30 p.m. DDOE is located at 2000 14th St., N.W., #300E.

Residents are also encouraged to take advantage of Utility Discount Programs, which offer discounted rates on electric, gas, telephone and water bills. Please call the Energy Hotline at 202-673-6750 for details.

### Federal Income Eligibility Guidelines for the Low-Income Energy Assistance Program (LIHEAP) 10/01/07 - 09/30/08

Household Size	Maximum Annual Income
1	\$15,677
2	\$20,501
3	\$25,325
4	\$30,149
5	\$34,973
6	\$39,797
7	\$40,701
8	\$41,606

## Winter Fire Safety Tips

As the winter season approaches, we often think of holiday parties, festive decorations and glowing fireplaces. What we may not realize is that December, January and February are the leading months for home fires in the United States.

Home heating fires are most commonly caused by inadequate chimney cleaning, placing things that can burn too close to space and portable heaters, fueling errors involving liquid or gas fueled heaters, and flaws in design, installation or use of heating equipment.

The good news is that with common sense, these fires can be prevented. As the winter months approach, the D.C. Fire and EMS Department wants to encourage you and your family to adopt the following safe practices:

Develop a fire escape plan

and practice it regularly.

Check your smoke alarms monthly, and when you change the time on your clocks twice a year, change the batteries in

your smoke alarms as well.

Have your furnace serviced. Keep combustibles (paint cans,

oil rags, paper, fabric and boxes) clear of furnaces and hot water heaters.

Never use your oven to heat your home.

If you use a space heater, keep anything that can burn (including people, pets and furniture) at least three feet away. **REMEMBER, USE OF KEROSENE**

**HEATERS IS PROHIBITED IN THE DISTRICT OF COLUMBIA.**

Have a safe winter!

For further information on these and other safety tips, please call DCFEMS Fire Prevention Division at 202-727-1600.

